



# 8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

## Detailed evaluation

**Mahlo, Thomas**

Club: Soest  
Number: 514

Course: 42.00 km  
42 km Lauf

Category:  
Senioren M45

Total time: 4:01:10

Speed: 10.45 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 8 (of 67)

Rank in course/Men: 8 (of 55)

Best time in course: 3:03:07

Rank in category: 2(of 6)

Best time in the category: 3:17:56

## Intermediate times

## Stage score

## Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Nasse Wiese	19.50	1:45:44	5:25	2	19:08	8	23:57	19.50	1:45:44	5:25	2	19:08	36	
Obersorpe	8.00	44:05	5:30	2	7:19	8	10:11	27.50	2:29:49	5:26	2	26:27	36	
Finish	14.50	1:31:21	6:17	2	16:47	8	23:55	42.00	4:01:10	5:44	2	43:14	8	58:03